

## Patients at high risk for Obstructive Sleep Apnea:

- \*Overweight
- \*Heart Disease
- \*Atrial Fibrillation
- \*Nocturnal Dysrhythmias
- \*Pulmonary Hypertension
- \*Preoperative for Bariatric Surgery
- \*Treatment Refractory Hypertension
- \* Congestive Heart Failure
- \* Type 2 Diabetes
- \* High-risk drivers
- \* Stroke

## STOP-BANG SLEEP APNEA QUESTIONNAIRE

Yes No

- SNORING**  
Do you **snore loudly** (louder than talking or loud enough to be heard through closed doors)?
- TIRED/FATIGUE**  
Do you often feel **Tired, Fatigued, or Sleepy** during the daytime?
- OBSERVED APNEA**  
Have you been told you **Stop Breathing** during your sleep?
- PRESSURE**  
Do you have or are you being treated for **High Blood Pressure**?
- BODY MASS INDEX (BMI)**  
Is your BMI more than 35?
- AGE** - Are you older than 50?
- NECK SIZE**  
Does your neck measure more than 16”?
- GENDER** - Are you **Male**?
- GENDER** - Are you **Female** and **Post-menopausal**?

How many questions did you answer **YES**?

**OSA – Intermediate / High Risk: Score 3 or more**  
**OSA - Low Risk: Score 0-2**

STOPBang Questionnaire adapted from Chung F et al. Anesthesiology 2008; 108: 812-821, and Chung F et al Br J Anaesth. 2012; 108: 768-775.

## Our Doctors

**Carole Guillaume, MD, FAASM** is a graduate of The University of Kansas School of Medicine and has been practicing medicine for 20 years. She is certified by both the American Board of Family Medicine and the American Board of Sleep Medicine and now sees patients exclusively for Sleep & Wake Disorders.

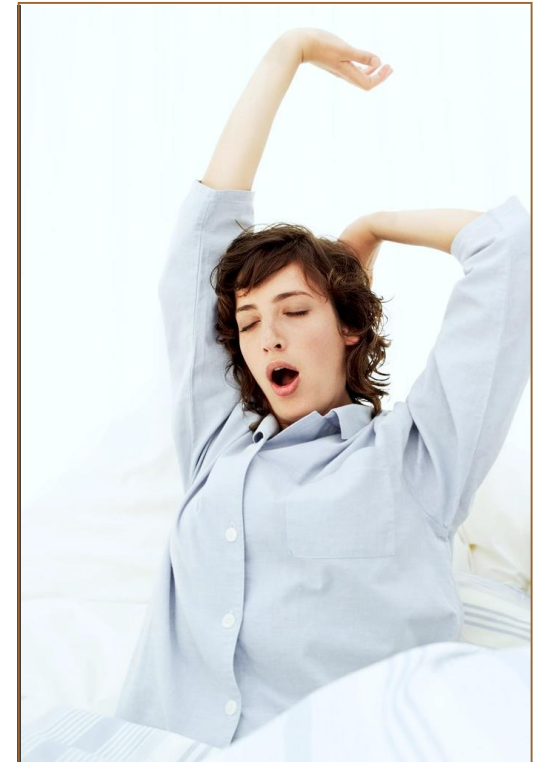
**Leah Luckerth, MD** is board certified in Internal Medicine and has been practicing medicine for 24 years. She completed her medical degree and residency in Internal Medicine at the University of Kansas. Dr. Luckerth is currently working towards a Certificate in Cognitive Behavioral Therapy for Insomnia (CBT-I).

## REMedy Sleep Medicine, LLC

*Conveniently Located in  
Johnson County, Kansas.*

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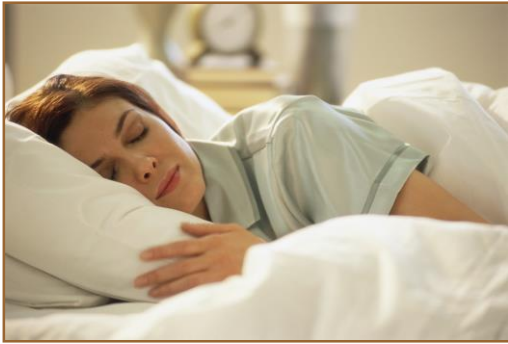
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# Snoring and Sleep Apnea Specialists

**REMedy Sleep Medicine, LLC**

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## How well do you sleep?

### Sleep is Important!

The first sign of not getting enough sleep is usually irritability or moodiness. If sleep deprivation continues, it can lead to slowed speech, inability to multi-task, loss of attention, nodding off during regular activities, and even other, more serious, health complications.

Good quality sleep is a very important part of everyone's day; it promotes healthy brain function, emotional well-being, and affects your physical health, daytime performance, and safety. How you feel while you're awake partially depends on what happens while you sleep.

### Getting a good night's sleep can be a challenge!

For many, quality sleep can be achieved with good sleep hygiene. For others, undiagnosed sleep disorders can prevent restorative sleep. It is important to discuss your sleep health and habits with your physician.

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*How you feel while you're awake, in part, depends on your **quality** of sleep.*

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### Snoring

As you fall asleep, the muscles in the back of the roof of your mouth, tongue, and throat relax. If these muscles relax too much, they may narrow or block your airway. Narrowing of the airway makes the tissue in the back of the throat vibrate, causing the sound you hear during snoring. The narrower the passageway, the more the tissue vibrates, and the louder the snoring. Snoring can disrupt sleep for you and your partner; additionally, it may be an indicator of a more serious sleep disorder, *sleep apnea*. There are many tips to help reduce snoring. However, if these tips do not improve your sleep, your doctor may recommend you try another form of treatment.



*Snoring can disrupt sleep for you AND your partner*

### Obstructive Sleep Apnea (OSA)

Obstructive sleep apnea (OSA) occurs when there are repeated episodes of complete or partial upper airway blockages during sleep. Restricted breathing reduces the amount of air getting into the lungs, causing the diaphragm and chest to work harder to open the obstructed airway. When an apnea episode occurs, a gasp or body jerk may wake you to get air. These episodes and frequent awakenings prevent sound sleep and reduce the flow of oxygen to the lungs and other vital organs. Poor sleep quality and lack of oxygen are linked to an array of health issues including diabetes, hormone imbalance, high blood pressure, obesity, heart disease, kidney disease, stroke, and growth/development in children and teens.

A sleep study (polysomnogram) may be performed to diagnose your particular sleep disorder. After diagnosis, our physicians will work with you to find the best sleep REMedy for you.